

## Appendix A - Competency Profile With Weightings

Competency Number	Competency	Weight
<b>Pathophysiology</b>		
1.A	Describes the pathophysiology and progression of all types of diabetes.	1-A
1.B	Distinguishes between the major types of diabetes in terms of etiology, signs and symptoms, incidence and prevalence.	1-A
1.C	Identifies normal and abnormal blood glucose ranges in fasting and postprandial states.	1-A
1.D	Identifies the diagnostic criteria for all types of diabetes.	2-A
1.E	Describes the effects of endogenous insulin, counterregulatory and gut hormones.	2-B
1.F	Identifies the effects of hormones on blood glucose levels during each life stage.	2-B
1.G	Describes the impact of lifestyle, genetics and body composition on diabetes.	2-A
1.H	Describes the impact of lifestyle on the development of type 2 diabetes.	1-A
1.I	Describes strategies for the prevention of diabetes.	2-A
1.J	Differentiates between hyperglycemia, diabetic ketoacidosis (DKA) and hyperosmolar hyperglycemic state (HHS).	1-B
1.K	Describes the pathophysiology of the dawn phenomenon.	2-B
1.L	Identifies situations where a medication or medical condition may be related to the development of diabetes.	2-B
<b>Nutrition</b>		
2.A	Describes the effects of macronutrients on diabetes.	2-A
2.B	Identifies the major food sources of macronutrients.	2-A
2.C	Assesses nutrition education needs.	2-A
2.D	Identifies various nutrition strategies for diabetes management.	2-A
2.E	Identifies nutrition strategies to address socio-economic and lifestyle factors.	2-A
2.F	Identifies nutrition strategies for persons with diabetes who have complications or comorbidities.	1-B
2.G	Describes the principles, process and application of carbohydrate counting.	1-B
2.H	Identifies nutrition strategies for sick day management.	1-B

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<b>Medications</b>		
3.A	Describes different types of non-insulin antihyperglycemic agents in terms of mechanism of action, indication, adverse effects and other therapeutic considerations.	1-A
3.B	Describes different types of insulin in terms of time-action profile, adverse effects and other therapeutic considerations.	1-A
3.C	Identifies specific therapeutic regimens based on client characteristics and properties of the treatment.	1-A
3.D	Describes various insulin delivery systems and their advantages or disadvantages.	2-A
3.E	Identifies appropriate injection technique.	1-A
3.F	Describes recommendations for the handling and storage of antihyperglycemic agents in a variety of situations.	1-B
3.G	Identifies appropriate antihyperglycemic agent adjustments.	1-A
3.H	Describes the impact of various prescription medications on diabetes management.	1-B
3.I	Describes the impact of various non-prescription medications and natural health products on diabetes management.	2-B
<b>Self-Care Management: Hypoglycemia</b>		
4.1.A	Describes hypoglycemia in terms of signs, symptoms, causes, prevention and management.	1-A
4.1.B	Identifies hypoglycemia unawareness in terms of signs, symptoms, causes, prevention and management.	1-A
4.1.C	Identifies nocturnal hypoglycemia in terms of signs, symptoms, causes, prevention and management.	1-A
4.1.D	Describes pseudo-hypoglycemia in terms of signs, symptoms, causes, prevention and management.	1-B
<b>Self-Care Management: Hyperglycemia</b>		
4.2.A	Describes hyperglycemia in terms of signs, symptoms, causes, prevention and management.	1-A
4.2.B	Describes DKA and HHS in terms of signs, symptoms, causes, prevention and management.	1-B
4.2.C	Identifies appropriate self-care actions during a period of concurrent illness.	1-B
<b>Self-Care Management: Physical Activity</b>		
4.3.A	Describes the physical activity recommendations for individuals with diabetes.	2-A
4.3.B	Describes the benefits and risks of various physical activities for individuals with type 1 diabetes.	1-B
4.3.C	Describes the benefits and risks of various physical activities for individuals with type 2 diabetes.	2-A
4.3.D	Identifies strategies to manage the effects of physical activity for individuals with diabetes.	2-A

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<b>Self-Care Management: Monitoring</b>		
4.4.A	Describes the benefits and appropriate scheduling of SMBG.	1-A
4.4.B	Describes the purpose and methods of quality control for SMBG.	2-B
4.4.C	Describes the factors contributing to variance, and acceptable levels of variance, between SMBG and laboratory results.	2-B
4.4.D	Describes benefits, indications and limitations for the use of continuous glucose monitoring (CGM) and flash glucose monitoring (FGM) systems.	2-B
4.4.E	Identifies situations for and limitations of alternate site testing.	2-B
4.4.F	States the definition, interpretation, purpose, limitations and recommended frequency of A1C and alternate laboratory testing.	2-A
4.4.G	Identifies individualized glycemic treatment targets.	1-A
4.4.H	Describes the recommendations for ketone testing.	1-B
<b>Self-Care Management: Foot Care</b>		
4.5.A	Describes strategies to prevent foot problems.	1-B
4.5.B	Describes symptoms of potential foot problems.	1-B
4.5.C	Identifies interventions for clients with foot problems.	1-B
<b>Microvascular and Macrovascular Complications</b>		
5.A	Identifies the potential microvascular and macrovascular complications of diabetes.	1-A
5.B	Describes the pathophysiology of microvascular and macrovascular complications of diabetes.	2-B
5.C	Identifies the risk factors which contribute significantly to microvascular complications of diabetes.	1-A
5.D	Identifies the risk factors which contribute significantly to macrovascular complications of diabetes.	1-A
5.E	Describes the recommendations for screening for microvascular and macrovascular complications of diabetes.	1-A
5.F	Describes the recommendations for prevention and management of microvascular complications of diabetes.	1-A
5.G	Describes the recommendations for prevention and management of macrovascular complications of diabetes.	1-A
<b>Psychosocial / Lifestyle</b>		
6.A	Identifies the psychosocial impact of the diagnosis of diabetes, complications and comorbidities.	2-A
6.B	Identifies the impact of socio-economic status, environment and daily living on diabetes management.	2-A
6.C	Identifies psychosocial strengths and barriers to diabetes management.	2-A
6.D	Identifies the psychosocial impact of hypoglycemia and/or hyperglycemia on diabetes management.	2-A

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6.E	Identifies the impact of diabetes on life situations (e.g. interpersonal relationships, vocation, and education).	2-B
6.F	Identifies the interaction between diabetes and the stages of life.	2-B
6.G	Differentiates between grieving and depression in the context of diabetes.	2-B
6.H	Differentiates between diabetes distress and major depressive disorder (MDD).	2-B
6.I	Identifies situations when psychological intervention is required.	1-B
6.J	Identifies the effects of stress on diabetes management.	2-A
6.K	Identifies the effects of substance abuse on diabetes management.	1-B
6.L	Identifies the interaction between diabetes and sexual health and its impact.	2-B
6.M	Identifies the impact of culture and beliefs on diabetes management.	2-B
6.N	Identifies the effects of psychiatric disorders on diabetes management.	2-B
6.O	Identifies the relationship between disordered eating and diabetes management.	1-B
<b>Special Situations</b>		
7.A	Identifies aspects of assessment and diabetes management for the elderly.	1-A
7.B	Identifies aspects of assessment and diabetes management for children and adolescents.	1-B
7.C	Identifies aspects of assessment and diabetes management for pregnancy.	1-B
7.D	Describes strategies for diabetes management in relation to travel.	2-B
7.E	Describes strategies for diabetes management in relation to medical procedures, surgery and diagnostic tests.	1-B
7.F	Describes strategies for diabetes management in relation to fasting for an extended period of time.	1-B
7.G	Describes strategies for diabetes management in relation to driving.	1-B
<b>Education/Research</b>		
8.A	Applies principles of learning to the development of client management plans.	2-A
8.B	Adapts management strategies based on principles of motivational interviewing.	2-A
8.C	Applies knowledge of the social determinants of health to diabetes management.	2-A
8.D	Identifies principles of program development.	2-B
8.E	Identifies appropriate use, advantages and disadvantages of various teaching and facilitation methods.	2-B
8.F	Describes the quality improvement process for diabetes education programs.	2-B
8.G	Applies the principles of behavioural change to diabetes management.	2-A
8.H	Describes the implications of major diabetes research results for practice.	2-B